

The Role of Topical Creams and Gels in Treating Osteoarthritis Pain

Vliet Vlieland*

Department of Orthopedic Surgery, Central South University, Changsha, China

ABOUT THE STUDY

Osteoarthritis is a degenerative joint disease that affects millions of people worldwide. It causes pain, stiffness, and swelling in the affected joints, which can significantly impact the quality of life. There are several treatment options available for osteoarthritis, including topical creams and gels. These medications are applied directly to the affected area and can provide pain relief without the side effects associated with oral medications.

Topical creams and gels are medications that are applied directly to the skin. They contain active ingredients that are absorbed through the skin and provide localized pain relief. Topical creams and gels are available over-the-counter or by prescription, and they come in various strengths and formulations. Topical creams and gels work by penetrating the skin and delivering active ingredients directly to the affected joint. These medications can provide pain relief by reducing inflammation, blocking pain signals, and improving blood flow to the affected area. Topical creams and gels can also provide a cooling or warming sensation, which can help to relieve pain and stiffness.

Benefits

There are several benefits of using topical creams and gels for osteoarthritis pain, including:

Localized pain relief: Topical creams and gels are applied directly to the affected area, providing targeted pain relief.

Fewer side effects: Topical creams and gels have fewer systemic side effects compared to oral medications, as they are not absorbed into the bloodstream.

Convenience: Topical creams and gels are easy to use and can be applied at home.

Cost-effective: Topical creams and gels are generally less expensive than oral medications.

Reduced drug interactions: Topical creams and gels have fewer drug interactions compared to oral medications.

Types

Nonsteroidal Anti-Inflammatory Drugs (NSAIDs) are commonly used to treat osteoarthritis pain. These medications work by reducing inflammation and relieving pain. Topical NSAIDs are available in creams and gels and are applied directly to the affected joint. Examples of topical NSAIDs include diclofenac, ibuprofen, and ketoprofen.

Capsaicin is a compound found in chili peppers that can be used topically to relieve pain. Capsaicin works by blocking pain signals and reducing the sensitivity of nerve endings. Capsaicin creams and gels are available over-the-counter and can provide relief for osteoarthritis pain.

Salicylates are a type of pain reliever that is similar to aspirin. These medications work by reducing inflammation and blocking pain signals. Salicylate creams and gels are available over-the-counter and can be used to relieve osteoarthritis pain.

Counterirritants are substances that produce a cooling or warming sensation when applied to the skin. These medications work by distracting the brain from the pain signals coming from the affected joint. Examples of counterirritants include menthol, camphor, and methyl salicylate.

Uses

Topical creams and gels should be used as directed by a healthcare professional or as instructed on the packaging. The following steps should be followed when using topical creams and gels for osteoarthritis pain:

Clean the affected area: Wash the affected area with soap and water and pat dry.

Apply the medication: Apply a thin layer of the medication to the affected joint. Rub the medication into the skin until it is fully absorbed.

Avoid contact with eyes and mouth: Topical creams and gels should not be applied near the eyes or mouth, as they can cause irritation.

Correspondence to: Vliet Vlieland, Department of Orthopedic Surgery, Central South University, Changsha, China, E-mail: Vlielandvt@189.com

Received: 11-Apr-2023, Manuscript No. RCR-23-23907; **Editor assigned:** 14-Apr-2023, PreQC No. RCR-23-23907 (PQ); **Reviewed:** 01-May-2023, QC No. RCR-23-23907; **Revised:** 08-May-2023, Manuscript No. RCR-23-23907 (R); **Published:** 15-May-2023, DOI: 10.35841/2161-1149.23.13.347

Citation: Vlieland V (2023) The Role of Topical Creams and Gels in Treating Osteoarthritis Pain. *Rheumatology (Sunnyvale)*. 13: 347

Copyright: © 2023 Vlieland V. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Use as directed: Follow the instructions on the packaging or as directed by a healthcare professional. Do not use more than the recommended dose.

Be patient: Topical creams and gels may take some time to provide relief. It is important to use them regularly and as directed to achieve maximum benefit.

Side effects

Topical creams and gels for osteoarthritis pain are generally safe and well-tolerated. However, like all medications, they can cause

side effects. The following are possible side effects of topical creams and gels for osteoarthritis pain:

Skin irritation: Some people may experience skin irritation, redness, or itching at the site of application.

Allergic reactions: In rare cases, people may have an allergic reaction to the medication, which can cause swelling, hives, or difficulty breathing.